2010 EBT presentation script.

. Introduction (2 readers talking about the team and a bit about EBT) R 1 & 2

. Nutrition (One reader) Reader (R) 3

. Environment (One reader) Reader 4

. Bike specs (Two readers) Reader 5 & 6

. Training (One reader) Reader 7

. History of the school and trike (Two readers) Reader 8 & 9

. Conclusion (One reader) Reader 10

Reader 1. Good morning viewers and what a lovely day it is my name is..... Beside me is my co-host......

Reader 2. Good morning ................ and yes it is a glorious day for racing today. Today’s stage will be a long gruelling 14 hour stage where all the vital elements will come into play.

Reader 1 Yes indeed........... Before we get into the racing we have hired out professionals across the field to help you, the viewers of what it would take to win today’s stage. Today we will be talking about what Nutrition the riders will need for today. How the environment will impact riders with the increased green house gas emissions. What gear the bike riders will need, focussing on the special machines they are riding on?

Reader 2 what training they will need to have done to be competitive for this stage. The history team/school, bike and the infamous le tour de Maryborough, Aka the Maryborough energy breakthrough. And finally a conclusion to sum up all the elements to stand on the podium at the end of the day.

Reader 1 Now as the assault on this gruelling stage will require a great nutritional diet. We have found........... Who will give the professional advice about nutritional values to complete this stage.

Reader 3 Thanks............. Now as we all know, cars need fuel to run. Humans are exactly the same; we need fuel in a different matter for our body to function and perform at the level we want it to. For example, the leading team in the tour (Maiden Gully P.S) have had the correct diets of carbohydrates, protein and plenty of water just for this event alone and will keep doing this throughout the rest of the duration. Their meals have consisted of red meat and vegetables the last 2 weeks so that they have the muscle power and stamina to go the distance. In the last week and up until the end of the weekend, the riders and pit crew have been eating lots of pasta and vegies to keep up the carbohydrates which are the best source of energy for the ride as it takes longer to burn when doing physical activity. Whilst all this is going on, the riders and pit crew have also been consuming at least 2L of water a day to stay well hydrated for the event. This is just one of the many elements it will take for the riders and teams to be standing on top of the podium at the end of the event. Back to you............

Reader 2 Thankyou....... and.............. (Reader 1) it just goes to show you how much work is involved in every detail of a race just like this one.

Reader 1 Yes it does............. Now onto the next topic, the environment. As we all know our environment is struggling with the increase in greenhouse gas emissions and pollutions into the environment, but we have an expert here that will talk to us about how this sport is helping the environment and the risks we are currently at if we keep polluting the way we are. Over to you.........

Reader 4 Thankyou........... As we all know, our world is under threat from green house gas emissions, pollution into the environment etc etc. What is causing all this I hear you say? In-fact it is us. Humans are the Number 1 contributor to pollution into our world, Businesses and transport all pollute our world with carbon-dioxide and carbon-monoxide which is all produced from motor vehicles. This sport could be a great help to our world, for if we can get our vehicles recognised I believe they will be very popular in the market and will greatly reduce green house gas emissions. If people listen to what I have to say they will notice it makes sense, I mean who wouldn’t want to stay fit and help the environment at the same time. All of this is just a small part in helping our world to stay healthy and fight for the generations to come. Everyone could do it. I think you should start to. That’s all from me today..............

Reader 1 Thank you for that information.......... I didn’t realise how bad we are actually treating our world, I now know I will be riding as much as I can and will start to look into investing one of these fantastic vehicles.

Reader 2 Yes............. I'm with you on this one. Speaking about these rare but somewhat interesting, fantastic vehicles I have found a couple of mechanics that will be able to show us these machines in closer depth and just what you need to be competitive in this sport. They are my lifelong friends............... and................., over to you boys.

Readers 5 &6 Thanks............... and yes this is the vehicle you will need to be competitive and at the head of the race in this sport.

These readers will be able to look at the bike as they are talking and share what is being seen in front of the judges. The readers need to co-operate during this time to make sure that their speaking is fluent and not interrupting the other speaker.

Reader 6 as we said before................ this is what you will need for the race, anything less than this you will be pushing a lot harder just to even stay in contact with the main bunch.

Reader 1 Thank you very much boys, I am greatly impressed with these slick machines. What do you think about them.............

Reader 2 Yes................ they are very slick machines that will be able to hit scorching speeds out on that track today. Now again one of the most important topics of today and the event for that matter. What preparation/training have these riders undergone to be looking in the shape as we see in front of us right now? Sitting beside us we have............... from Maiden Gully P.S to tell us what they have done in the lead up to this event.

Reader 7 Thanks............ We first started training on our push bikes early this year around March. During this time we could see the abilities of our riders and just how our team would look come November. These rides were done every Friday during school and our own time for 45 minutes in the heat, wind and rain. These rides improved our strength, speed and stamina for this long endurance event. Now as these vehicles are very different to normal bikes and we use different muscles. We have been training in these vehicles for the last 8 weeks roughly. This got our riders use to different riding position, handling and different heat conditions that are caused by this very sleek enclosed Pedal vehicle. We had 10 riders constantly training for each of our two teams, to give us emergency riders in case something happened to one of our riders prior to this event. I am excited to tell you.............. That we should have one of the strongest teams here and look forward to seeing the other competition we are against out on the track. That’s about it on our training side of things. Back to you...............

Reader 2 Very impressive................. And good luck in the race.

Reader 1 Impressive indeed. Now as we all know, teams like this aren’t just made up in a second. There is a lot of history that is behind this team and their machine. Here to talk about that is the team owners.............. And................

Reader 8&9. Thanks guys.

Reader 8 Our team Maiden Gully P.S has been contesting in the Energy Breakthrough for almost the whole duration it has been running. We were fortunate enough to take line honours overall in 2006 and 2007 with very strong teams then and now as you see in front of yourselves today. We have always been a very close bonded team and hold our heads high of the teamwork that we are able to produce. You don’t only see a team in front of you, but you see a group of friends as well. Each year we strive to keep this reputation and I believe we achieve beyond expectation. Maiden gully is only a small growing town near Bendigo with a lot of young families entering the area. We are a close community which I think our team’s high achievers in every event we enter. I will pass you on to.............. who is the other co-owner of the team who will a bit about the history of the machines we have raced in the past and present.

Reader 9. Thanks............... Now we haven’t always had the fantastic machine you see in front of us today. When we first started we had a very heavy and slow machine as you see in this picture. This was our first machine that we ever had at Maiden Gully and served us a great run for a few years before updating to this (picture) which one of our teams still has today. Ziptar or embolado is a very fast and slick machine with this bike taking the outright win in 2006 and winning the time trial in 2007. There have been a few modifications made over the years but what you see in front of you today is one of the best trikes I believe that could be out on that track today. I am excited to see where our team will end up at the end of the race and fairly confident that we have the team and equipment to be the best out on the track today. So there you have it folks. That’s a bit of insight of the Maiden Gully P.S team of the past and 2010.

Reader 1. Well............... that looks like a pretty impressive team from where I'm sitting.

Reader 2. Sure does.............

Reader 1. Well folks that’s it from the MGPS station. I have learnt so much on the insight of what goes on behind the scenes in top teams like this one. What are your thoughts.................?

Reader 2 Yes I'm feeling the same way as you are.............. There is so much more involved then I first thought. Well that’s it folks. To wrap up our time here, we have managed to find the guru of the sport who will finish off the program for us. I hope you have a lovely day and see you on the track side.

Reader 1. See ya folks. Over to you.................

Reader 10. Thanks guys. As the program has explained there are a lot of teams here that have put in hundreds of hours to just even get here. Maiden Gully P.S is a school to look out for. They have a strong team and a close net work with each other that I have never seen before. If everything goes right for them I think they can take out line honours at the end of the day and could possibly see some records broken. We thank you for your time and we now have the phone lines open for you to ask questions immediately. Thank you.